

# the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B</b> Breakfast	<b>S</b> Eggs fried in butter	<b>FP</b> Cookie Bowl Oatmeal - (THM page 232/233) (add extra 1/4 cup of oats)	<b>S</b> Bacon and eggs	<b>E</b> Banana cream cake <a href="http://tlm.menu/4">http://tlm.menu/4</a>	<b>S</b> Cheesecake Berry Crunch (THM page 373/374)	<b>S</b> Serene's Steamed Omega Sensations (THM page 216)	<b>S</b> Satisfying granola on sweetened Greek yogurt (THM page 237)
<b>L</b> Lunch	<b>S</b> Tuna salad on low carb wrap	<b>FP</b> Fuel pull salad (THM page 301/302)	<b>S</b> Chicken Quesadillas (THM 307) with sour cream & salsa	<b>E</b> Deli Meat Roll Ups THM (page 299) with low fat cottage cheese and a big boy smoothie (THM page 242) half scoop of whey*	<b>E</b> Pan bread sandwiches (THM page 266)	<b>E</b> Pan bread sandwiches (THM page 266)	<b>E</b> Sandwich with Sprouted Bread & Frozen Yogurt (THM page 376/377)
<b>D</b> Dinner	<b>E</b> Balsamic Chicken (THM page 324)	<b>FP</b> Southwestern Salmon (THM page 285) with small side salad (zero calorie dressing)	<b>S</b> Alfredo Beef & Broccoli (THM page 340/341) on Dreamfield Noodles	<b>S</b> Easy Crockpot Tacos <a href="http://tlm.menu/f">http://tlm.menu/f</a>	<b>S</b> Corned Beef and Cabbage (THM page 312)	<b>S</b> Shepherd's Pie <a href="http://tlm.menu/g">http://tlm.menu/g</a>	<b>E</b> Pizza with Gwen's dough with fat free toppings (veggies, skim mozzarella) <a href="http://tlm.menu/a">http://tlm.menu/a</a>

NOTES: You should already have many ingredients on hand from previous weeks - just cross out what you don't need! Mix up Gwen's bread dough Tuesday to let it ferment in the fridge for Friday's dinner.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) 1 Banana	(B) Bacon (Turkey or Regular)	(B) Eggs (Omega 3)	(B) Frozen Berries	(L) Small Can of Tuna (Packed in water)	(B, L) Old Fashioned Oats	(B) Glucomannan
(B) Lemon	(L) Extra Lean Steak (for fuel pull salad)	(B, L, D) Butter	(L) Frozen Strawberries	(L) Canned Pineapple	(B) Unsweetened Cocoa Powder	(B) Defatted Peanut Flour
(L, D) 2-3 Hearts of Romaine Lettuce	(L, D) Chicken Breast (for 2 meals)	(B, L) Unsweetened Almond Milk	(D) Frozen Broccoli Florets	(D) Tomato Paste	(B, L, D) Sea Salt	(B) Chia Seeds
(L) Green Pepper	(L) Lean Deli Meat (for 4 lunches)	(B, L) 0% Greek Yogurt		(D) Fat Free Chicken Broth	(B, L, D) THM Sweetener	(B, L) Vanilla Extract
(L) Celery	(D) Salmon	(B, D) 1/3 Less Fat Cream Cheese		(D) Corned Beef	(B, L) Baking Powder	(B) Banana Extract (optional)
(L) Baby Tomatoes	(D) 7lbs of Ground Beef (frozen in 1lb bags)	(L) 2 Containers of 1% Cottage Cheese		(D) Sugar Free Pizza Sauce	(B, D) Nutritional Yeast	(B) Dry Roasted Almonds
(L, D) 3 Small Onions		(L) Marble Cheese		(D) 2 cans of Green Beans	(B, L, D) Black Pepper	(B) Almond Essence
(L) Cucumber		(L, D) Sour Cream		(D) Can of Rotel	(L) Cayenne Pepper (Optional)	(B) Virgin Coconut Oil
(D) Veggies for side salad		(L, D) Skim Mozzarella			(D) Italian Herbs	(B) Seeds for granola (Pumpkin Seeds, sunflower seeds, etc.)
(D) Cabbage		(D) Heavy Whipping Cream			(D) Whole Wheat Flour	(B) Ground Flax
(D) Veggies for pizza					(D) Yeast	(B) Virgin Coconut Oil
(D) Garlic (for 3 meals)					(D) Onion Powder	(L) Light Mayonnaise
(D) Mushrooms					(D) Garlic Powder	(L, D) On Plan Low Carb Tortillas (Joseph's Pitas, etc.)